

13th Annual

The Dam



**SATURDAY,
Sept. 14,
2013**

4-Miler

Walk or Run

Sponsored by:

The New York Power Authority

All money raised will go to:

Wounded Warrior Project

PLACE: Event starts and ends at the Frank S. McCullough, Jr. Hawkins Point Visitors Center.

COST: Minimum \$20 donation on location. Long Sleeve T-Shirt for first 150 registrants.

TIME: Timed runners will start at 10:00am; Walkers will start at 10:15am. Rain or Shine.

REGISTRATION: On Race Day is 9:00am at NYPA's Visitors Center.

COURSE: 2 miles out and back on Robinson Bay Road.

... THE DAM 4-MILER ENTRY FORM ...

REGISTER: Pre-registration by mail (\$20 fee)

Please make checks or money order payable to:

Wounded Warrior Project

**Complimentary
Refreshments
Available!**

c/o New York Power Authority • PO Box 700 • Massena, NY 13662

Name: _____ Phone Number: _____

Address: _____ Gender: _____

Age (on race day): _____ Walk or Run (circle one) Shirt Size: _____

Waiver: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive and release any and all rights and claims or damage I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all of the above.

All Entrants Must Sign Name: _____

Under 18, Parent or Guardian Must Sign: _____

Questions? Call: 315-764-0226 Ext. 304 • (8:30am-4:30pm)
or e-mail karen.white@nypa.gov